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EDC 102

Dr. Noonan

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Annotated Bibliography

Cluss, P. A., Fee, L., Culyba, R. J., Bhat, K. B., & Owen, K. (2014). Effect of Food Service Nutrition Improvements on Elementary School Cafeteria Lunch Purchase Patterns. *Journal Of School Health, 84*(6), 355-362. doi:10.1111/josh.12157

Summary: The purpose behind this research article is to improve lunches at school to combat obesity. It explains that schools can have a huge impact on obese children by providing them with a healthy meal and enforcing healthy eating habits. The study was conducted in elementary schools in northern Pennsylvania from 2005 to 2011. Lunch sales data were collected and analyzed for one week of each school year. The foods at lunch were categorized into “Go” foods indicating they were high in nutritive value and low in calories, “Slow” indicating they had nutritious value but slightly more calories and “Whoa” foods indicating that they are high in calories and should only be eaten occasionally. The study showed that by the year 2011 the amount of unhealthy foods decreased and the amount of kids buying school lunch only slightly dropped with only a 15% price increase. The study concludes that kids are willing to make healthy choices when they are clearly presented to them.

Reaction: I love the idea of categorizing foods so that children have a better understanding of what is healthy and what is unhealthy. I think if kids were more aware of what healthy choices are they would be more likely to choose them. This concept also provides a fun atmosphere and also makes it almost a game for the students. I only have a couple problems with this study. The cost increase is disappointing because some people can't afford food for their kids lunch in the first place. The second thing that concerns me is there would be shame involved in making unhealthy choices in kids that choose to pick their lunches from the “Whoa” category creating a shaming environment for young kids.

Mantel, B. (2010, October 1). Preventing obesity. *CQ Researcher, 20*, 797-820.

Summary: The Surgeon general referred to obesity as an epidemic in America as the amount of obese people has increased dramatically in America in the past forty years.

Barbara Mantel says that one third of children and two thirds of adults are overweight or obese in America, higher than ever before and higher than any other country. The article takes the position that people's environment heavily impacts American's tendency to be overweight. This is due to increased portion size, non-healthy foods and physical inactivity. With the rise in obesity and overweight issues, many health problems have been linked to a risk to different cancers such as kidney, breast, and gallbladder cancer. According to the article people are more likely to choose fast food or sugary foods because they are cheaper and people in America are struggling for money.

Reaction: Reading this article made even myself motivated to change my eating habits. I think everyone should be aware of the dangers cheaper food is in relation to our overall health. I think my generation of kids is used to eating large portions at restaurants and is not exposed enough to exercise. But I think a very strategic way to prevent this spread of thinking to future generations is to teach children how to eat healthy at an early age. We can start this by providing healthy lunches at school and teaching kids how to properly exercise so that they can eat unhealthy meals from time to time. I think it's important to teach our kids the power of moderation and the effects eating unhealthy can have on your future health. That way kids will build healthy lifestyles and are prepared to continue them into their adult life leaving them less vulnerable to obesity and other health problems as a result of obesity.

MOBLEY, C. c., STADLER, D. s., STATEN, M. s., GHORMLI, L. e., GILLIS, B. g., HARTSTEIN, J. h., & ... VIRUS, A. a. (2012). Effect of Nutrition Changes on Foods Selected by Students in a Middle School-Based Diabetes Prevention Intervention Program: The HEALTHY Experience. *Journal Of School Health*, 82(2), 82-90.

Summary: Children consume approximately 35% to 47% of their daily dietary intake in school environments according to the article. Access to specific food in schools influence kids dietary behavior outside of school. In an attempt to combat type two diabetes due to obesity in middle school, the Human Services Program aimed to make health changes in the School Breakfast Program, National Lunch Program, and they are compared to experiences at control schools. They conducted the changes in twenty one middle schools from 2007 till 2009 and used 21 other schools as observed control groups. The study concluded that there were no differences in obesity changes between the changed schools and the control group schools. But healthier menus were created for kids and were received positively by the kids.

Reaction: I was very surprised by the amount of daily dietary intake schools provide and I think it is a valid point to say that schools provide early exposure to kids sense of what

their diet out of school should look like. It makes me think of my experience of only eating nasty fried chicken nuggets every day in elementary. In my school system the food got worse as I advanced through the school system and eventually no one bought lunch besides the kids who got food for free because the food was so distasteful. I don't think it matters that there was no decline in obesity at the schools whose menus were improved, I think it matters that kids were exposed to better options and were fed and more healthful diet despite no weight loss.

Tavernise, Sabrina. "School Lunches Becoming Healthier, Statistics Indicate." *The New York Times*. The New York Times, 27 Aug. 2015. Web. 23 Nov. 2015.

Summary: School lunches across the United States have shaped up and improved the nutritional value of school lunches since 2012 when the government heightened its school lunch standards. But the question this article wanted answered is if the students are actually buying into these healthier options. In recent years the percentage of child obesity has dropped 17 percent, a small improvement but still a movement in the right direction. big changes have been made to school lunches like two fruits and two vegetable are now offered in a large amount of school across the country, much more than before. More than half of the nation's schools proved fresh or frozen vegetables that are prepared on site, a big improvement from canned high sodium canned vegetables.

Reaction: I think this article is spot on when it talks about how more fresh vegetables and fruits need to be provided in school lunches. From my experience kids will just throw away vegetables or fruits that look appealing. This makes waste out of perfectly good food and it does not add nutritional value to the children's lunch making the meal unbalanced. I think the statistic that child obesity has risen 70% since 1970 is a crazy concept to me. It makes me think that just changing school lunches isn't enough. kids need to be taught in school how to eat properly and be shown the consequences of having an unhealthy diet. Then this knowledge needs to be implemented and reinforced at home. That's the only way to get rid of childhood obesity.

Voorhees, Josh. "No, "Meatless Monday" Is Not an Evil Plot to Deprive Our Children of Steak, Pork, and Chicken." N.p., n.d. Web. 23 Nov. 2015.

Summary: This article is about having meatless Mondays in schools districts like Los Angeles, San Diego, and Miami to help combat childhood obesity. Some people like politicians from farm states are not happy about schools implementing meatless Mondays along with the meat industry not being happy about this movement because of the economical hurt it could cause them. The article also points out not only the health

problems meat causes but that the meat industry causes 14.5% of the world's greenhouse emissions. Kids are still able to bring in meat from home if that's what they would like to do on Mondays. The purpose of the movement is to not deprive kids of protein but to offer protein in a new way that is better for their health.

Reaction: I fully support what this article says. I think meatless Mondays are a great way for kids to try new foods and ways to be healthy while cutting down on greenhouse emissions. It's important to expose kids to other foods besides hot dogs and chicken nuggets. There's no difference between deciding to serve hot dogs one day instead of hamburgers than deciding to serve bean burritos instead of chicken nuggets. Kids living in low income families whose school lunch maybe be the best meal of their day will still be getting the protein they need but healthier and better for their health. Low income kids are most at risk for obesity because healthful foods are the most expensive so their access to fresh fruits and vegetables could be limited. I think meatless Mondays are a good tactic to use when fighting against obesity and diabetes along with fresh fruits and vegetables.